

Border Eagle

Laughlin Air Force Base, Texas ... Together we 'XL'



Newsline

A glance at news affecting Laughlin

Command change

Lt. Col. Chris S. Lane will assume command of the 87th Flying Training Squadron from Lt. Col. H.F. Myers in a ceremony at 10 a.m. today in front of the Operations Training Complex.

Lane was the operations officer for the 85 FTS. Myers plans to retire this fall.

Energy slogan

April is Laughlin's Energy Awareness Month. The Environmental Flight is accepting inputs from base members for this year's energy slogan.

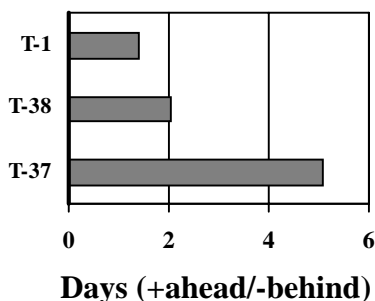
The slogan selected will be the theme for Energy Awareness Month and will be displayed on the base marquee. The squadron the person with winning slogan represents will also receive a plaque in recognition of their support.

Submissions should be sent to Airman 1st Class Angela Ripperda at 5853 by Tuesday.

Mission status

(As of March 1)

Student Timeline



Sorties flown in FY 00:
26,260

Hours flown in FY 00:
39,297

Pilot wings earned in FY 00:
126

Pilot wings earned since 1963:
11,772

Transportation chief named best in command

By Airman 1st Class

Brad Pettit

Staff writer

A Laughlin servicemember has been named the Air Education and Training Command Transportation Company Grade Officer of the Year for 1999.

Capt. Tony Holmes, 47th Transportation Division commander, competed against 15 other company grade officers for the honor.

While managing transportation, Holmes oversaw the movement of over 300,000 people, 2,200 personal property shipments, 2.3 million pounds of cargo and maintained the wing's 245 vehicles, achieving a 98 percent vehicle-in-commission rate—the best in AETC.

"Although the award is technically an individual one, this is far from being a one man show," said Holmes. "Without the help of the guys under my command, this award wouldn't be possible."

According to Lt. Col. Dave Guthrie, 47th Support Group deputy commander, Holmes distinguished himself and excelled in several areas making him more than worthy of the award.

"His complete involvement in wing activities makes Laughlin a much better place," said Guthrie. "He directed ground support for Air Amistad '99, and serves as vice president of the Company Grade Officer's Council. He is totally professional in every regard and his tremendous accomplishments definitely deserve to be congratulated."

Since his arrival last year, Holmes has made



Photo by Airman 1st Class Brad Pettit

Holmes looks on as Tony Mojica, Cliff Holloway perform a routine maintenance check on a vehicle used by the base security forces.

several improvements to existing programs and has established a customer-gearred Transportation Website. He also established a guaranteed traffic agreement between Laughlin and surrounding Air Force installations that significantly improves shipping and administrative

processes and reduces costs associated with the transportation of freight.

In addition, he enhanced service to inbound student pilots by incorporating a traffic management fact sheet and information briefing into initial training. This

See 'Holmes,' page 6

Report probes paint exposure to Gulf veterans

WASHINGTON (AFP) — The Office of the Special Assistant for Gulf War Illnesses released an environmental exposure report Feb. 24 that examines servicemembers' exposure to chemical agent-resistant coating, or CARC, paint fumes and the possible connection between those exposures and the illnesses some veterans have experienced since the Gulf War.

Several thousand vehicles and pieces of equipment deployed to the Gulf region had to be quickly repainted from the three-colored

woodland camouflage paint scheme to desert camouflage prior to the start of the Gulf War. The desert paint was a urethane-based chemical CARC which makes up the largest category of paint applied to the U.S. military vehicles and equipment. CARC is resistant to a variety of chemicals and solvents and has a unique quality for preventing chemical warfare agents, such as blister and nerve agents, from penetrating into the coating.

Inhaling high concentrations of some of the

See 'CARC,' page 6

the inside scoop

Commander corner...

Lt. Col. Bruce Juselis stresses the importance of good judgement in potentially dangerous situations.

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Housing allowance...

The Department of Defense has begun paying certain service members higher BAH.

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Ergonomic relax...

Science of fitting the workcenter or job to the physical capabilities of employees is explained.

Page 6

Computer system threat remains Commander

By Frederick S. Ervin

47th Communications Squadron

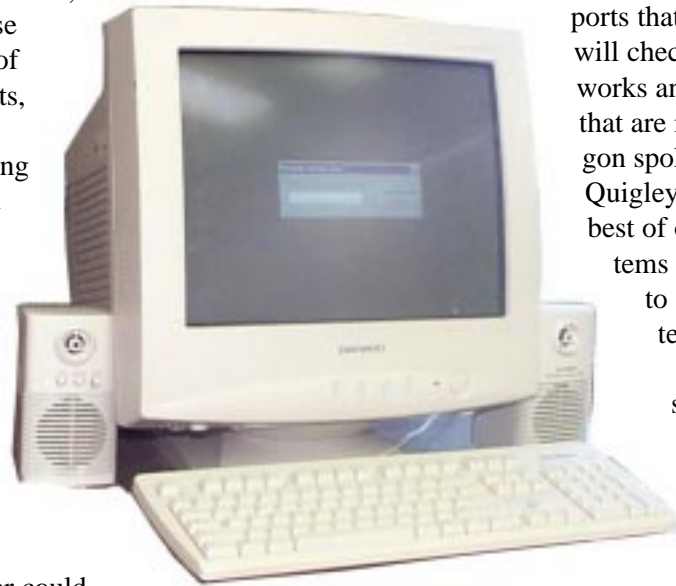
Now that the dreaded Y2K plague has fizzled, I thought it would be safe to venture around the cyber frontier. However, a new band of desperadoes came rolling across the bandwidth – I am referring to this month's attacks on some of the largest Internet sites in the world. Once again it is time to take cover behind the firewall and come out firing with all the information assurance ammo you can find.

Another AP writer has asked, "Were the operators of these computers merely victims of these unprecedented assaults, or were they partly to blame?" The FBI is pursuing these attacks as they would any terrorism attack on American soil. A preliminary analysis shows that the attacks may be the result of lax computer security measures. These crashes occurred when a number of computers simultaneously sent so many requests to each site that their computer could not handle all of them at once.

You may be asking yourself how could a victim be partially at fault? Read on.

An Associated Press writer explained that most attacks on the large Internet sites were launched from "zombie" computers. A zombie computer is one that has been infiltrated by hackers and implanted with specific software that is programmed to trigger at a specific time. It then sends streams of data to its target, which amounts to thousands of electronic mails that flood systems and ultimately crash them.

Here at Laughlin we practice computer security everyday. Now, in the heart of Information Assurance Month some of the things we have focused on surface as critical elements that might have enabled a hacker to enter their systems. Could a computer have been hacked



because there was no password protection? Did somebody leave their computer up with no password protected screen saver while they went on break or to lunch?

These are some of the precautions that you, the everyday computer user, can take to ensure that you are doing everything within your power to prevent this from happening.

The possibility that a Defense Department computer was one of the zombies used in the attacks is remote.

However, a Reuters correspondent reports that Defense Department officials will check all 10,000 computer networks and over one million machines that are in these systems. Said Pentagon spokesman Navy Capt. Craig Quigley, "The check is to see to the best of our ability that our own systems are not being used unwittingly to assist in attacking other systems."

FBI National Infrastructure Protection Center senior official Ronald Dick was quoted as saying, "Your security ... or the lack thereof can cause harm to others. The key to this is implementing appropriate security measures such that you do not allow your system to be used in some of these attacks."

The motto that "A risk taken by one is a risk imposed on all" rings truer than ever. There already is a prediction that the owners of computers that were used in the attacks could be the subjects of a flood of lawsuits from sites that were temporarily taken off line and lost many thousands of dollars of revenue.

"At the end of the day, it's still ultimately your responsibility to protect your property," said Harris Miller, president of the Information Technology Association of America. "You can't blame someone else."

It is the responsibility of every computer user to make sure they take every precaution necessary to prevent unauthorized access and use of their system.

Corner



Last words speak volumes in mishaps

By Lt. Col. Bruce Juselis

47th Flying Training Wing Safety chief

Having been the chief of Safety for almost a year, I have been shocked at the number of accidents that occur in the military each year because of errors in judgement or not following simple rules. While most people who live to the age of 18 develop a good survival instinct, some people do not. Simple errors in judgement at any age can lead to a premature demise. Some people call this Darwinism others call it bad luck.

But by citing some examples of poor judgement, I think you will see what I mean. The following are last words of individuals that clearly show how a lack of judgement can be fatal:

During a stormy afternoon on the golf course one golfer commented to another "Did you hear thunder? Oh well, hurry up and putt." A weekend warrior doing some home repairs remarks "See, I told you the current is off." Two boys standing on a lakeside cliff were overheard saying, "Let's dive here, the water looks deep enough." For breakfast a couple was making toast when the husband asked "Honey, get me a fork; the darn toaster is jammed!"

I think most people have heard of someone doing something similar to the examples above. If you were with the individual at the time, I hope you stopped them before they ended up hurting themselves.

Sometimes errors in judgement hurt more than just

See 'Words,' page 8

Network computer security is everyone's responsibility.
For information about information protection, call 5129.

Actionline

Call 298-5351

when appropriate.

If your question relates to the general interest of the people of Laughlin, the question and answer may also be printed in the *Border Eagle*. Before you call the Actionline, please try to work the problem out through the normal chain of command or directly with the base agency involved.

Thanks for your cooperation and I look forward to reading some quality ideas and suggestions.

Winfield W. Scott III

Col. Winfield W. Scott III

47th Flying Training Wing commander



AAFES	298-3176
Accounting and Finance	298-5204
Civil Engineer	298-5252
Civilian Personnel	298-5299
Commissary	298-5815
Dormitory manager	298-5213
Hospital	298-6311
Housing	298-5904
Inspector General	298-5638
Legal	298-5172
Military Personnel	298-5073
Public Affairs	298-5988
Security Forces	298-5900
Services	298-5810
Equal Opportunity	298-5400
FWA hotline	298-4170

Border Eagle

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Published every Friday, except the first week in January and the last week in December, by the Del Rio News Herald, a private firm in no way connected with the U. S. Air Force, under exclusive written contract with the 47th Flying Training Wing, Laughlin Air Force Base, Texas. This commercial enterprise Air Force newspaper is an authorized publication for members of the U.S. military services. Contents of the Border Eagle are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, or the Department of the Air Force. Photographs herein are official U.S. Air Force photos, unless otherwise indicated. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of Defense, the Department of the Air Force or Del Rio Publishing Company of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use, or patronage without regard to race, color or religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other nonmerit factor of the purchaser, user or patron. Editorial content is edited, prepared and provided by the Public Affairs Office of the 47th Flying Training Wing.

Deadlines, Advertising
News for the Border Eagle should be submitted to the 47th Flying Training Wing Public Affairs Office, Bldg. 338, Laughlin AFB, TX, Ext. 5262. **Copy deadline is close of business each Thursday the week prior to publication.** Advertising should be submitted to the Del Rio News-Herald, 2205 Bedell, Del Rio, TX, 774-4611. Advertising should be submitted by 4 p.m. each Friday. Submissions can be E-mailed to: michael.hammond@laughlin.af.mil or regional.woodruff@laughlin.af.mil Visit Laughlin's website at <http://www.laughlin.af.mil/>

“Excellence – not our goal, but our standard.”
– 47 FTW motto

Safety Stats
As of Dec. 20, 1999
(Fiscal Year)

	'00	Total '99
On-duty mishaps	1	5
Off-duty mishaps	1	12
Traffic mishaps	0	2
Sports & Rec mishaps	1	6
Fatalities	0	0

Air Force JROTC expands, seeks instructors

By Tech. Sgt. Robert Barrett

Air University Public Affairs
The Air Force Junior Reserve Officer Training Corps is adding 45 new units in high schools during fiscal 2000, and is seeking 90 Air Force retirees to be aerospace science instructors to instruct and mentor youth.

The expansion provides opportunities for students and also creates rewarding community service positions for retired service members, according to Lt. Col. Jimmie Varnado, chief of the junior program branch at Air Force Officer Accession and Training Schools here.

AFJROTC will increase the number of units from 609 to 945 over the next six years. There are currently 189 schools on the waiting list to open an AFJROTC unit and letters about the expansion were sent to each of those schools, said Varnado.

“JROTC affords teenagers an opportunity to belong to a group that will build self-confidence and help them become better people — better citizens,” said Brig. Gen. John Speigel, commander of AFOATS. “For retirees, it’s a chance to create better students, better citizens and ultimately, a better nation. I challenge eligible instructors to

pass on our core values to JROTC students.”

Eligible candidates must have completed a minimum of 15 years of active-duty service and be retired for no more than four years (in some cases this requirement is waivable). Active duty personnel may apply if they are within six months of their last duty day, prior to retirement.

“There is a need for additional instructors,” said Varnado. “As the economy gets stronger, it becomes more difficult to recruit instructors because the Air Force has to compete with private industry. So, the Air Force is trying to notify retirees of vacancies throughout the world.”

Varnado said one common question is the salary of the AFJROTC instructors — who pays it? The difference in pay between retired pay and active-duty pay, including nontaxable entitlements, is split between the school district and the Air Force. Both the district and the Air Force pay 50 percent.

“The law says instructors must receive what they would make if they were recalled to active duty; although, many instruc-

tors earn more than that amount,” said Varnado.

A formula was developed that determines a target number of schools JROTC should have in each state, said Varnado. “Schools that apply for units, and are from under-represented states, move up on the waiting list. Some schools, however, may not know about the list and may be unaware of the AFJROTC expansion program.

To combat this lack of awareness, the Air Force is aggressively promoting AFJROTC, said Varnado. JROTC representatives are being sent to the National Associations of Secondary Schools Principals Conference and the National School Board Association Conference to tout the program.

“There are many staunch supporters of JROTC. In fact, Colin Powell, Tom Brokaw and Barbara Bush are scheduled to be guest speakers at one of these conferences. People who have been involved with AFJROTC can confirm the program is a challenging environment, promoting leadership and teamwork for high

school students,” he said.

The AFJROTC program is a citizenship program, focusing on the motto ‘building better citizens for America.’

“Our curriculum is made up of two parts,” said Varnado. “Part one is based on aerospace science and focuses on the frontiers of aviation history, the science of flight and the exploration of space. The second part focuses on leadership training, which includes drill and ceremonies and preparing students for life after high school. Our leadership education textbooks show cadets the importance of how to balance a checkbook, health and wellness, the dangers of drugs, etc. In some cases, we have students come in and train in CPR.”

Varnado said the bread and butter of the program is community service. Food and clothing drives, Adopt-A-Highway and Habitat for Humanity are some of the community service programs cadets are encouraged to participate in, as well as school activities.

“Most of the activities we do, especially public speaking or learning communication skills, augment or help our cadets in other classes,” said Varnado.

Cadet Lt. Col. Tiffany Jackson, a senior at Robert E. Lee High School in Montgomery, Ala., and a member of JROTC unit AL-011, said she has learned to **See JROTC, page 8** working within

Housing allowance revision begins March 1
Plans to eliminate inequities in 1999, 2000 BAH rates

By Jim Garamone

American Forces Press Service

The Department of Defense will begin paying certain service members higher basic housing allowances starting March 1. Officials plan to ask Congress to authorize a retroactive hike to Jan. 1.

Pentagon officials announced Feb. 22 that service members moving into areas where 2000 housing allowance rates were set lower than 1999 rates would be paid at the higher 1999 rate. Members already living in such areas were grandfathered, but newcomers received 2000 rates.

“This action will result in greater equity among all people assigned to the same duty location and will also allow the de-

partment to pause and examine how we survey and determine the average cost of housing,” Defense Secretary William S. Cohen said in a written release. “It is extremely important that in every area, nationwide, we are providing an allowance which allows our men and women to live in quality housing.”

The disparity in rates occurred because DOD changed the way it computed housing rates in response to a 1997 law. The new system requires officials to compute the allowance rates based on surveys of what it costs to live in particular communities. The old system depended on service members’ reports of what they paid and worked to the disadvantage of junior enlisted members and to all service members living in high-cost ar-

reas, officials said.

Because of the grandfathering, service members of the same grade in the same area could receive different allowances.

In the same request for retroactive relief, officials said, DOD will ask Congress to repeal current legislation that requires service members to absorb at least 15 percent of their housing costs.

DOD officials could not say how many service members are affected. Cohen added \$27 million to the 2000 allowances to correct the inequity. Defense Finance and Accounting Service officials said they stand ready to pay the new rates as soon as the secretary approves them.

(Courtesy AFPN)

The *XLer*

Hometown: Military brat.
Family: Mom, Sandra; dad, Johnny; step mom, Donilea; sister, Sharde'; step father, Matthew.

Time at Laughlin: 7 months.

Time in service: 1 year.

Name one way to improve life at Laughlin: Have more things for airmen to do on base.

Greatest accomplishment: Graduating high school, joining the Air Force and making my parents proud.

Long-term goals: Own a business.

Hobbies: Talking!

Favorite food: Chicken.

Favorite beverage: Strawberry-Kiwi V-8.

Bad habit: Eating too much chicken.

If you could spend one hour with any person in history,



Photo by Airman 1st Class Brad Pettit

Airman Chonte Donnell
47th Security Forces Squadron

who would it be and why? I would have to say Rosa Parks simply because it takes a strong woman to not get up and move to the back of the bus.

She did what she thought was right and stuck with it no matter how bad the situation got. And to me, that makes her an admirable person.

Where are they now?

Name: 1st Lt. Eric S. Hassinger

Class/Date of graduation from Laughlin: Class 98-15, October 1998.

Aircraft you now fly and base you are stationed at: F-15C, Langley AFB, VA.

Mission of your aircraft? Offensive/Defensive Counter Air.

What do you like most about your current aircraft? Being an expert in the air-to-air role.

What do you dislike most about your current aircraft?

A Data Link would be very

helpful for enhancing SA.

What was the most important thing you learned at Laughlin besides learning to fly? Mutual support; always help out your buddy.

What is your most memorable experience from Laughlin? Besides learning how to fly, the many roof stops of our instructor pilots.

What advice would you give SUPT students at Laughlin? Leave all options open, even if you think you know what you want to fly.



Chapel Schedule

Catholic

-Daily Mass 12:05 p.m.
-Saturday Mass 5 p.m.
-Sunday Mass 9:30 a.m.
-Confession 4:15 - 4:45 p.m.
Saturday, or by appointment.
-Choir 6 p.m. Thursdays.
-Sunday school 11 a.m.,
religious education building.

-Sunday School, 9:30 a.m.,
religious education building.
-Awana, Wednesdays from 6 -
7:30 p.m.
(For more information on
AWANA, call Mike or Karen
Silver at 298-3247).

Protestant

-General worship 11 a.m.
-Bible study video luncheon
11 a.m. Thursday, chapel
fellowship hall.

Jewish

- Max Stool
219 West Strickland St.
Del Rio, Texas
Phone: 775-4519

Walk-in Counseling

Monday 2 - 4 p.m.
Tuesday 2 - 3 p.m.
Wednesday 10 - 11 a.m.
Thursday 9 - 10 a.m.
Friday 1 - 3 p.m.

The Oasis Room, (front
entrance of Bldg. 328), is a
place for comfort and confi-
dential counseling! Spon-
sored by your base chaplains!
To schedule the Oasis
Room for small Bible studies,
prayer meetings, or counsel-
ing appointments with a
chaplain, call the chapel at

For more information on chapel events and services, call 5111.

47th Medical Group

By Capt. Deryck Hill
Pharmacy Services chief

More often than not, a visit
to the clinic means a visit to the
pharmacy. Hopefully, by arm-
ing you with the following in-
formation, your trip to the
pharmacy can be smooth and
hassle-free.

First, always have your
military identification card. It
proves you are eligible to re-
ceive prescriptions and allows
the pharmacy to double-check
that the medication has been
entered into the correct profile.

It is Air Force policy that
when picking up prescriptions
for someone else, even a
spouse, the pharmacy must see
the patient's military ID card
and written permission from
the patient allowing another
party to pick up medications.
It is recommended that benefi-
ciaries photocopy each other's
ID cards and write a simple
note on that photocopy autho-
rizing the spouse to pick up

their medications.

To decrease time spent
waiting for medication refills, we
recommend phoning in your re-
fills prior to making the trip to
the pharmacy. The pharmacy
staff will personally answer calls
Monday - Friday, from 7:30 a.m.
to 5 p.m.

If your provider ordered a
prescription during your clinic
visit, you can go to the pharmacy
and they will call out your name
when the prescription is ready.

When dropping off refills, or
prescriptions, do so at the drop-
off window.

The pharmacy operates ac-
cording to Air Force policies, as
well as state and federal laws
regulating the distribution of
pharmaceuticals. For this reason,
sometimes we cannot lawfully
meet every expectation sought by
our beneficiaries. We ask for un-
derstanding and patience when
one of these policies or laws im-
pacts you and your prescriptions.



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Fad diets—why they don’t work

HAWC staff gears up for National Nutrition Month

By Staff Sgt.
Jennifer Ruiz

Health and Wellness Center

It seems that fad diets have become almost a natural part of life for many Americans. Pounds of diet and nutrition information are served in the news every day, and Americans are starving for it all, from the latest fad diets to foods that can help fight cancer. But are we maximizing our nutrition and health?

The American Dietetic Association did a recent public opinion survey on nutrition and got some answers. According to the survey, 28 percent of the respondents fall into the “I’m Already Doing It” category—people who say they have made significant adjustment in their eating behavior to achieve a healthy, nutritious diet. Forty percent fall into the “I Know I Should, But...” category, in which, they know they should eat a healthy diet but for one reason or another haven’t done so. The remaining 32 percent fall into the “Don’t Bother Me” category—people who may or may not feel informed about

healthful eating, but for whom it is not a concern.

The main reasons people give for not doing more to achieve a healthy diet is they don’t want to give up the foods they like; they are satisfied with the way they eat, and it takes too much time to keep track of their diet. These findings make it clear that personal health is on

people’s minds, but many are misguided or frustrated.

The Health and Wellness Center staff is quite familiar with all of the old and new fad diets, gadgets, supplements, promises, guarantees and those wonderful fast and easy ways to losing weight and getting fit. We can also tell you why those don’t work. Unfortunately, you do lose weight, but most people are unable to keep it off and are

not losing it safely.

March is National Nutrition Month. Your friendly HAWC staff will be keeping you up-to-date all month with articles and events. For starters, we will be

having a Taste-Testing Demonstration on Thursday at 2 p.m. in the Clinic training room. You can taste high-fat and low-fat snack foods and compare the taste. Come

see if you can tell the difference. Based on last year’s results, we think you’ll be surprised at what you like.

There will also be a National Nutrition Month display at the fitness center and we are interested in starting a weight support group that meeting once a week at the HAWC (more details to come). For more information on events, call the HAWC at 6464.

The remaining 32 percent fall into the “Don’t Bother Me” category—people who may or may not feel informed about healthful eating, but for whom it is not a concern.

‘Holmes,’ from page 1 made permanent change of station moves less difficult for student pilots; many of whom are making their first PCS move.

“His vast knowledge of the transportation system and superb performance on and off the job were instrumental in his garnering this award,” Guthrie explained. “And, as he would tell anyone, it is a team effort. The outstanding personnel in the Transportation Division and all across the base made him competitive for the award. He is an incredible officer and gifted leader. He works the field grade officer position to perfection. That is why he is our number one CGO!”

Holmes will go on to represent AETC at the Air Force level later this year.

‘CARC,’ from page 1 compounds and solvents in CARC can cause some short-term symptoms like coughing, shortness of breath and watery eyes. Long term exposure could lead to respiratory problems, including asthma. Paint fumes are the factor that presents the most potential risk to users.

CARC paint emits very little

in the way of harmful fumes when applied with a brush or roller, but when it is aerosolized during spray-painting applications, the risk of inhaling high concentrations of harmful components rises significantly. CARC paint contains no carcinogenic compounds and presents no health risks when dry unless the painted surface is sanded or welded.

Most of the people at risk of exposure during the Gulf War were members of the Florida Army National Guard’s 325th Maintenance Company, which operated painting sites at two ports in Saudi Arabia. In the rush to get vehicles quickly painted for desert operations, much of the painting was done by soldiers who did not have the proper personal protective equipment, including respirators required by normal operating procedures.

Members of every service have reported illnesses they believe are connected to their Gulf War service. Experts estimate that fewer than 500 people were involved in painting operations during the Gulf War, including about 200 soldiers of the 325th Maintenance Company.

The complete exposure report is available on **GulfLINK**.

Question of the week

What are some of your favorite off-duty recreational activities or hobbies?



“There are a lot of things I like to do after work. Spending time with my fiancé is most important. I also love to go fishing and archery hunting around Lake Amistad whenever possible.”

Senior Airman Paul Bogumil
47th Security Forces Squadron



“Taking pictures at various church youth events and helping set up outdoor stages for dramas and musical youth-related activities.”

Tech. Sgt. Billy E. Mathis
47th Civil Engineer Squadron



“Scuba diving at Lake Amistad and exercising at the gym.”

Kathy Anderson
Eagle Aviation and Services Technology, Inc.



“I enjoy mountain bike riding on the base nature trail.”

Staff Sgt. Javier Aguirre
47th Services Division



Double your intake.

If you aren't looking at the United States Air Force Online News every Wednesday, you aren't getting all of the news.

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**[http://
www.af.mil/
newspaper](http://www.af.mil/newspaper)**

Aim High!

For more information on joining the Air Force, call 1-800-423-USA or the local recruiter at 774-0911.

‘Words,’ from page 2
the individual, resulting in greater tragedies. If you know someone who routinely fails to exercise good judgement, as a minimum, keep a safe distance.

Military safety has shown little cause and effect relationships between providing people with knowledge and decreasing accident rates. Most fatal military accidents I have read about have involved people failing to use common sense. Basic things like not wearing seatbelts have cost several people their lives this year alone.

A premature demise is a possibility for anyone who does not choose to use basic survival instinct. It is up to the individual to take time and think about what they are doing. I believe Socrates said it best when he stated “I cannot teach anybody anything, I can only make them think.” Be Safe—Think!

‘JROTC’ from page 3
a team.
“Before, I was kind of wild,” said Jackson. “Now I have to dress a certain way and act a certain way — I respect myself, too. What you learn in JROTC will follow you whether you go in the military or not. What you learn is good for the military world and the civilian world.”
“Who better to teach students about interacting within society than those people who helped preserve it during their military careers,” said Varnado. “Cadets get an opportunity to learn from these seasoned Air Force veterans who know firsthand the challenges of military life
For information, visit the <http://www.afoats.af.mil>. You may also telephone 1-800-522-0033 extension 7743 (Cute) or 7744 (Cool).
(Courtesy of Air Education and Training Command News Service)

Ergonomics may make work safe, better

By Dennis Bensel

47th Medical Group

Have you ever wondered what the big deal is about ergonomics? Well, to understand its importance, one first needs to understand what ergonomics means and what it can do.

First, one may be asking ‘what does ergonomics mean?’ The literal translation comes from the Latin words ergo, meaning work, and nomics, meaning study of.

So, in the simplest terms, ergonomics is the study of work. A slightly broader definition would be: The science of fitting the workcenter or job to the physical capabilities of the employee.

Many times musculoskeletal pain like back, wrist, or shoulder pain, can be directly traced to the ergonomic hazards of your job. These hazards may include, but are not limited to

frequent bending, heavy lifting, pushing and pulling, high vibration and other forceful movements.

Over time, these hazards or physical stresses can cause injuries called Work Related Musculo-Skeletal Disorders or Cumulative Trauma Disorders. WMSD’s and CTD’s are caused by continuous wear and tear or insufficient recovery times placed on bodies muscles, joints, tendons and peripheral nerves. Symptoms may show up as pain, discomfort or swelling in the back, shoulders, elbows, wrists or any other areas.

What can you do? The best measure is prevention.

The easiest way to do this is put as little strain or stress on your body as possible to get the job done.

First, remember to have good posture. Second, avoid awkward positions. Third, think

safety. Finally, lift properly.
What does keeping a healthy life-style have to do with ergonomics? In short, a whole lot! When your body is fit, your risk to injury dramatically decreases. We’re not talking about being a body builder, just being involved in a regular exercise program is extremely helpful.
A simple program of light exercise and stretching three times or more per week can go a long way to keeping your body in tune so you can be more productive and lessen your chances of getting a WMSD or CTD.
Remember these tips:
Maintain good body posture, avoid awkward positions, think safety, lift properly and maintain an exercise program.
By following these tips, your well on your way to preventing disorders and feeling better.

Falcons fencing team gears up for western regionals

The Air Force fencing team will participate in the NCAA Western Regionals at Stanford University this weekend with its sights set on qualifying as many athletes as possible for the NCAA Championships.

A total of 24 participants per weapon will advance to the NCAA Championships, which will be held Mar.18-21 at Brandeis University.

Eleven members of the Air Force men's squad and seven from the women's team will represent Air Force at the Western Regional.

Cadet 1st Class Moon is the most experienced of the Falcons competing this weekend from the men's team. Moon advanced to the NCAA

Championships last season after finishing fifth at the Western Regional. He finished 20th at the NCAA competition, finishing with a 7-16 round-robin record.

C1C Heidi Triggs, who advanced to the NCAA Championships in each of her first two seasons as a Falcon, will lead Air Force's efforts in the epee at Stanford. Joining her will be Laura Powell, Faith Hitchcock and Eva Sanchez.

Air Force head coach Abdel Salem says that a top-three finish should earn any of his athletes an invitation to the NCAA Championships. Additionally, the second-year coach believes that if everything goes well, the Falcons could finish second or third in the Western Regional.



Moon goes in for close-quarter fighting in the foil division of a practice in preparation for the Western Regional. Moon advanced to the NCAA championship last season.

Intramural basketball standings

Eastern conference

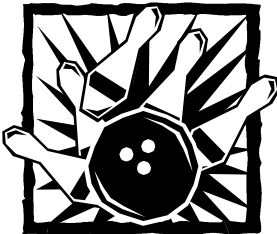
Teams	W	L
CES	4	0
87 FTS	3	1
LCSAM	3	2
SFS	1	3
OSS	1	4

Western conference

Teams	W	L
MDG	5	0
CS/SVS	4	1
86 FTS	2	3
OSS II	0	4
MSS	0	5

Bowling standings

OSS	117	44
CES	102	59
SFS	91	70
SVS	89	72
MDG	81	80
Boeing	79	82
FTW	75	86
MSS	67	94
CDC	60	101
CS	44	117



The XL Fitness



Center is looking for people interested in forming a base trap and skeet league. For more information, call 5251.

Weather Ahead—March

During the month of March, the warming trend in the Laughlin/Del Rio area will become more evident. About one third of our days will have temperatures above 80 degrees, and freezing temperatures are very rare this time of year.

Thunderstorms are uncommon during the first half of March, but the potential for thunderstorm activity becomes greater as the month progresses. Fog and low cloud ceilings are typically present about one quarter of our mornings. These conditions are usually short in duration and occur more frequently at the beginning of the month.

Temperatures (°F)

Daily Average High and Low: 76 / 53

Record High and Low Temperature: 102 / 14

Precipitation (inches)

Monthly Average: .70

Record Max/Min: 2.63" / 0"

Record High 24 Hour Rainfall: 1.61"

People interested in the current weather forecast and sunrise/sunset times can check out the Weather Operations web page at <http://weather.laughlin.af.mil/>. For updates during severe weather, tune to the commander's access channel on base cable channel 20.



Photo by Airman 1st Class Brad Pettit

Road repairs

Tommy Esparza, Reece-Albert, Inc., attaches a hose used to transfer asphalt from a transport vehicle to a heating tank. The tank keeps the asphalt from hardening until it is used to resurface streets in the base housing area.

Exchange closure

The Base Exchange will be closed on Mondays starting March 6. Operating hours are Tuesday-Saturday 10 a.m. to 6 p.m. and Sunday 11 a.m. to 5 p.m.

For information, call Helene Senn at 298-3176.

Women's program events

The following events are being sponsored by the Federal Women's Program:

■ Computer training at the base education office on Excel – March 15, 8-11 a.m. and Powerpoint– March 22, 1-4 p.m. Chris Perez will instruct the classes. Call her at 4390 to reserve a seat; 20 seats are available.

■ A brown bag lunch and learn in the Health and Wellness Center training room. The topic will be Women's Health Issues. Call Karen Moore at 6457 to reserve a seat; space is limited to 25 people.

■ The Annual Federal Women's Month Luncheon will be March 29 from 11:30 a.m -1 p.m. at Club XL. The guest speaker will be Administrative Judge Ann Fuller from the Equal Employment Opportunity Commission. The cost is \$7.50 per person. For tickets and details, call Karen Moore at 6457.

Clinic closure

The 47th Medical Group will be closed March 31 for readiness training. All clinic services will be closed with the exception of appointed active duty sick call. Active duty members requiring acute care should call the central appointment desk at 6356. Active duty flyers requiring acute care should call Flight Medicine at 6341. Active duty family members and retirees and their family members needing care, should call the Tricare Service Center at 800-406-2832.

Additionally, beginning in April, the medical group will be closed the third Thursday of every month from 1-5 p.m. for continued medical readiness training.

For more information, call 6410.

Trash disposal

There have been several reports of trash being placed in dumpster enclosures. All trash should be placed inside the dumpsters. There is an extra charge for removing trash next to a dumpster.

For information on refuse, call Pat Lunn at 298-5247.

Marriage conference

The Chapel is sponsoring a marriage conference today through Sunday. A schedule of the events is as follows:

■ Friday–dinner at the Ramada Inn. The cost is \$10 per couple.

■ Saturday– two sessions at the Chapel will be What is Intimacy at 9 a.m. and How do we live intimacy at 12:15 p.m. Sessions will end by 2:30.

■ Sunday–conference concludes with worship. The theme will be The Christian Family. Chaplain Mike Sproul will be the speaker

for all events.

The conference is open to everyone, and childcare will be provided. Pre registration is required by Monday; registration forms are at the Chapel. Childcare will be provided.

For more information, call 5111.

Support group

In observance of National Nutrition Month, the Health and Wellness Center is starting a weight support group that will meet once a week. .

The HAWC staff will also conduct a high-fat versus low-fat snack food taste-test. It will be Thursday at 2 p.m. in the clinic training room (located in the rear of the clinic).

For more information on these events, call 6464.

Special Chapel service

Base members are invited to attend an Eastern Orthodox Service at the Base Chapel March 10 at 7 p.m.

The Reverend Father Stephan Close will be the speaker. He is an Orthodox priest and a chaplain in the USAF, currently stationed at Lackland AFB and assigned to Basic Training.

The services commemorate the 40 Martyrs of Sebaste. These were Legionaries of the Roman Army who were stationed in an outpost of the Empire in what is now Armenia. They were tortured and killed for their faith during the persecution of Christians under the Emperor Licinius in 320 AD. These faithful warriors are remembered for the integrity of their loyalty to Christ above all temptations and even above life itself. They call us to obediently serve God during our days in this world in the hope of the coming Kingdom.

The entire service will be chanted in the Byzantine style, although in English.

For more information, call 5111.

Brick project

The project to clean and seal brick houses on base began Feb. 22. and will continue through Aug. 15. The plan is to seal 140 units in the officer and enlisted housing areas. Work started at 9002 Knight Street and will continue with the units on the south side of the street.

Residents are required to remove items next to the brick walls, ensure grass is trimmed back and keep children and pets away from the work area when notified of work. Notification will be made by flyers placed in mailboxes at least 24-hours prior to work on a unit. Weekly updates will appear in the Border Eagle indicating the scheduled work area for the following week.

For more information, call Paul Stover at 5062 or Ben De La Cruz at 5253.

Park University

Park college is now park university. The institution has updated and expanded its facilities, academic programs and electronic delivery systems. Also, students can now complete bachelor's degrees in Management; Criminal Justice Administration and Management/Computer Information Systems on-line.

For further information on Internet courses and programs call 800 482-2538 or contact Dai Flake at 5593.